

Community

Connection

OCTOBER 2023

- UPDATES
- PROGRAMS & ACTIVITIES
- VOLUNTEER OPPORTUNITIES
- RECREATION EVENTS

**2024 memberships
are now available**



GREETINGS FROM OUR STAFF

Jennifer Lyons
Community Center
Manager

Cheryl Ponzo
Community Center
Program Coordinator

Joann Sabath &
Kathleen Kruty
Community Center Assistants

Community Center
13001 N La Montana Drive
Fountain Hills, AZ 85268
480-816-5200

www.fountainhillsaz.gov

Hours:

Monday - Thursday 8 a.m.- 8 p.m.
Fridays 8 a.m. to 4 p.m.



2024 Memberships Available October 2nd!

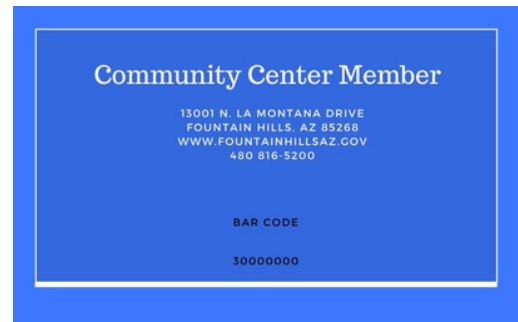
Our Community Center membership provides an opportunity to engage with your community, learn new skills, and stay active.

We're thrilled to bring you a diverse range of activities from exercise classes, line dancing, card games, mah jongg, movies, educational presentations, a paint studio, and social events. A place where entertainment, education and relaxation come together!

Become a member today to unlock a world of opportunities to connect with like-minded individuals.

The Center has a calendar year membership fee of \$30 for Fountain Hills residents and winter visitors. There is a \$45 non-resident fee (Scottsdale, Mesa, Rio Verde, etc.).

Memberships are good through December 31, 2024.



Now Offering:



Legal Consultations

- Appointments are necessary
- First Friday of each month
- Appointments are between 2:30-4:00 pm
- 30-minute consultation
- No fee or membership required



Bridge Lessons

Thursdays, October 5th-26th
1:00 - 3:00 pm; Course #2125
Cost: \$40 instructor fee
Sign up prior to class
No experience needed



Mah Jongg Lessons

Wednesdays, begins October 2
4-week class; 1:00 - 3:00 pm

Cost: \$40 instructor fee; sign up prior to class
Course #1940; Must attend all classes

Essentrics, Aging Backwards



Monday-Wednesday-Friday
September 18-October 13
10:15 - 11:15 am; Course #2112
October 23-November 20; Course #2113
Cost: \$90 for 4-week session
Community Center membership not required

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Medicare Consult* 10:30a Conver. Spanish 11:00a Caregivers Support 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 1:00p Mah Jongg Lessons 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards</p>	<p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Medicare Consult* 11:00a Amer Sign Lang 12:00p Blood Pressure Ck 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Table Tennis</p>	<p>8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 9:00a Care Cards 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco 6:30p Ukulele for Beginners</p>	<p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:00a Tech Time w/Mark 9:00a Canasta 9:30a Beg. Line Dance 10:00a Open Paint Studio 10:00a Spanish Club 11:00a Dementia Series P2 11:00a Quilts & More 1:00p Golden Age of Radio 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 1:00p Bridge Lessons 4:00p Poker 5:00p Open Paint Studio 5:00p Movie</p>	<p>8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 10:00a Medicare Consult* 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg 2:00p A Matter of Balance 2:30p Legal Consult*</p>
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<p>8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Storms on the Horizon 10:00a Medicare Consult* 10:30a Conver. Spanish 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 1:00p Mah Jongg Lessons 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards</p>	<p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Medicare Consult* 11:00a Amer Sign Lang 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Table Tennis</p>	<p>8:00a Back Fit w/Pilates 9:00a Video Gentle Yoga 9:00a Intermed. Bridge 10:00a Open Paint Studio 12:00p Poker 1:00p Scrabble 1:00p Spanish for Beg 1:30p Euchre 2:00p Open Jam Session 3:00p Spanish for Beg 5:45p Bunco</p>	<p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:00a Canasta 9:30a Beg. Line Dance 10:00a Open Paint Studio 10:00a Spanish Club 1:00p Improver Line Dance 1:00p Table Talk-Women 1:00p Hand & Foot Cards 1:00p Bridge Lessons 4:00p Poker 5:00p Open Paint Studio 5:00p Movie</p>	<p>8:00a Back Fit w/Pilates 9:00a Aerobic Chair Exer. 9:00a Intermed. Bridge 9:00a Pinochle 9:00a Golf Cards 10:00a Medicare Consult* 1:00p Table Tennis 1:00p Mex. Train Dominoes 1:00p Woodcarvers/Table Top Art 1:00p Chess 1:00p Trad Mah Jongg 2:00p A Matter of Balance</p>
<p>8:00a Back Fit w/Pilates 9:00a Geri-Fit Fall Prevent 9:00a Table Tennis 10:00a Safe Home Environ 10:00a Medicare Consult* 10:30a Conver. Spanish 12:00p Duplicate Bridge 12:00p Poker 12:30p Amer Sign Lang 1:00p Cribbage 1:00p Pinochle 1:00p Beg Mah Jongg 5:00p Aerobic Chair Exer 5:30p Hand&Foot Cards</p>	<p>8:00a Peer Led Exercise 8:00a Aerobic Chair Exer. 9:00a Video Gentle Yoga 9:30a Intermed. Line Dance 10:00a Hooks & Needles 10:00a Open Paint Studio 10:00a Medicare Consult* 11:00a Amer Sign Lang 1:00p Bingo 1:00p Mah Jongg 1:00p Movie 5:30p Table Tennis</p>	 <p>FOUNTAIN HILLS COMMUNITY CENTER A Division of Community Services CONNECT PLAY EXPLORE</p>		<p>Community Center 480-816-5200 www.fountainhillsaz.gov</p>
<p>Caregivers Support Group - October 2nd - 11:00 am Blood Pressure Ck - October 3rd & 17th - 12:00 pm Medicare Consultations - Mon, Tues, Fri - 10:00 am * Tech Time w/Mark - October 5th - 9:00 am Dementia Series, Part 2 - October 5th - 11:00 am Legal Consultations - Friday - October 6th - 2:30 pm * A Matter of Balance - Fridays - 2:00 pm</p>	<p>October Highlights</p>		<p>Care Cards - October 11th - 9:00 am Memory Café - October 12th - 9:30 am Medicare Changes 2024 - Saturday - October 14th - 10:00 am Time For U - October 18th - 9:00 am When the Grass is Rising - October 19th - 1:00 pm Storms on the Horizon - October 23rd - 10:00 am Prep a Safe Home Environment - October 30th - 10:00 am</p>	

* Appointment Required

Presentations and Events (please pre-register)

October 5th: Dementia Series #2 (open to the public)

October 14th: Medicare Changes for 2024 presentation (open to the public)

October 19th: Encore Speaker Series- When the Grass is Rising/Sam Houston
by Rose Gonsoulin (open to the public)

October 23rd: Storm Clouds on the Horizon Weathering the Storm Safely at Home by Scott Fischer

October 30th: Preparing a Safe Home Environment by Scott Fischer

Save the Date

November 9th: Autumn Pie Party (members only)



The Dementia Care and Education Campus is presenting a four-part series for caregivers and healthcare providers:

October 5th: 11:00 am - 1:00 pm; Course #2127

Part II: Language of Distress

November 2nd: 11:00 am - 1:00 pm; Course #2128

Vitamin M (Music) for Dementia: How Music Strikes a Cord

December 7th, 11:00 am - 1:00 pm; Course #2129

Sometimes Superheroes Need to Rest Too: Caregiver Support Strategies

**Free and
Open to the Public**

Please call the Community Center
for more information
Pre-registration preferred

The views expressed by the instructor(s) do not represent the views of the Town of Fountain Hills. By sponsoring these events, the Town of Fountain Hills is in no way endorsing the content of the materials presented or any product or service offered by the instructor.

Learn about Medicare 2024 Benefits and Options

Saturday, October 14th

10:00 am - 12:00 pm

(Followed by a question & answer session)

Knowledge is Power!

Medicare Open Enrollment Oct. 15-Dec. 7

Free and Open to the Public



Learn how the Area Agency's Benefits Assistance Program counselors can help you regarding benefits and eligibility for Medicare and other services. Learn the basics about Medicare coverage and different prescription drug plans available.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

**Community Center Medicare consultations
available Monday, Tuesday & Friday during
open enrollment. Schedule now!**



Speakers Program

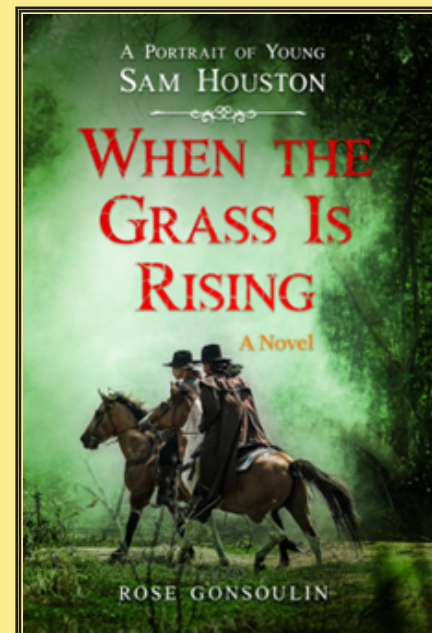
Encore is a member organization of the Fountain Hills Civic and Cultural Association

Thursday, October 19th
1:00 - 2:00 pm; Course #1996
Pre-registration preferred
Free and open to the public

Sam Houston: The George Washington of His Time

Surely you have heard the name Sam Houston, but how much do you really know about the namesake of our country's fourth largest city? Why is the most consequential figure in the history of the American Southwest not held in higher esteem?

As a native Houstonian, Rose Gonsoulin, author of the historical fiction novel *When the Grass is Rising: A Portrait of Sam Houston*, has devoted the last twenty years to spreading the word about the fascinating and complicated life of Sam Houston. The book is available online for pre-order at Barnes & Noble and Amazon.



About the Presenter: Scott M. Fischer earned his Bachelor of Science in Nursing from Arizona State University in 1986. He has had a variety of healthcare and business experiences in the past 30+ years. His career has been dedicated to the health care industries, working for years in nursing administration, nursing education, mental health and home health nursing.

Storm Clouds on the Horizon- Weathering the Storm Safely at Home

Monday, October 23rd; 10:00 - 11:00 am; Course #2311

This program (1 of 2) introduces the audience to the concepts that life's changes are coming, and they are inevitable. Changes in one's healthcare needs, even subtle, can be detected by loved ones. When those subtle changes are noticed, it is often possible to avoid future crisis situations by preparing. So many of our aging family and friends wish to stay home for the duration of their life, or at least as long as possible. The program will outline steps to take to help someone make that choice and safely remain at home.

Preparing a Safe Home Environment

Monday, October 30th, 10:00 - 11:00 am; Course #2312

This program walks the audience through recognizing the factors that cause challenges for individuals at home as their health needs change. We offer specific and practical steps for families to incorporate into their plans, with their loved ones, whose healthcare needs have changed. We speak specifically in the program of various resources available to families to support them in their journey for their loved ones.

GOLDEN AGE OF RADIO

Check out the many radio shows that are available for your entertainment. Whether you enjoy mystery, drama, or comedy, there is something for everyone. Sit back and enjoy the best of the best. In addition to the current selection of tapes & CDs, Golden Age of Radio is now offering MP3 discs for loan to our members.

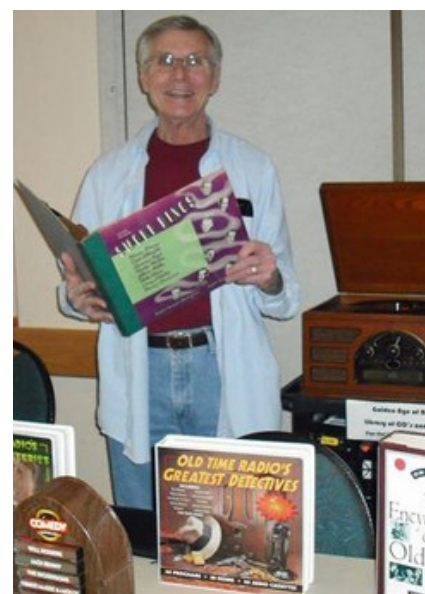
Begins October 5th
First Thursday of each month
1:00-3:00 pm

Host Bill Whittaker will take you back in time! We remember . . . discuss . . . learn . . . have fun!

Swing Time

Begins October 17th
Third Tuesday of each month
1:00-3:00 pm

Swing Time is all about the pure joy of hearing the original recordings from that magical era when swing was king. It was a time of big bands, crooners and singing groups, grand ballrooms, dance contests and dance crazes. Radio broadcasts popularized this music nationally and helped create our first "pop" culture.



Mark your calendars and get ready to indulge in the most delicious event of the season!

Autumn Pie Party



THURSDAY, NOVEMBER 9TH
1:00 TO 2:30 PM
MEMBERS ONLY
PLEASE PRE-REGISTER, NO DROP-INS



Sponsored by
SPOONER

Volunteer Services

Kim Wickland: Volunteer Coordinator

Nita Blose: Community Center Assistant, Home Delivered Meals

Renee Stephenson: Community Center Assistant, Volunteer Services

For more information on Volunteer Services: www.fountainhillsaz.gov/volunteer

Make a Difference Day 2023



Make a Difference Day is a great opportunity for the entire community to come together and give 4 hours of volunteer service to vulnerable, elderly, and homebound residents with a variety of interior and exterior projects.



Join Us
**OCTOBER
21ST**
8am - 12pm



- Individual and Group Volunteers Opportunities
- Interior and Exterior Projects
- Youth and Adult Opportunities
- Volunteer Projects for all abilities
- 4 Hours of Volunteer Service
- Help improve the lives of others in Our Community

FOUNTAIN HILLS

VOLUNTEERS
A Division of Community Services
CONNECT | PLAY | EXPLORE

Volunteer Pre-registration is Required
www.FountainHillsAZ.gov/madd
Volunteer Registration Closes Oct, 13th

Questions: 480-816-5108
kwickland@fountainhillsaz.gov

FOUNTAIN HILLS SPOOKY BLAST



**SATURDAY
OCTOBER 28
5:00 - 8:00PM
FOUR PEAKS PARK**

**TRICK OR TREATING
COSTUME CONTEST
INFLATABLES
MAGIC PERFORMANCES
BY MATT LEMM
FOOD TRUCKS & MORE!**

[FOUNTAINHILLSAZ.GOV/SPOOKYBLAST](https://fountainhillsaz.gov/spookyblast)

